

Metric is on the move. 8

Top March Madness players to watch. 13







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VERMONT LEGISLATURE ON TRACK TO BE FIRST TO **LEGALIZE MARIJUANA**

Liberal-leaning Vermont could become the first U.S. state to legalize recreational marijuana use through legislation, rather than by voter initiative, in a move that advocates for the drug said could speed its acceptance across the nation. State representatives this month are set to take up a bill passed by the state Senate in February that would allow adults over 21 to purchase and smoke the drug beginning in 2018. The move follows a year of hearings in the Senate that lawmakers said allowed them to closely consider appropriate limits to place on the drug's use. The current proposal would prohibit users from growing plants at home and ban the sale of edible products containing marijuana extracts. REUTERS

AMTRAK TRAIN DERAILS **IN KANSAS, 32 HURT**

Seven cars on a Chicago-bound Amtrak passenger train derailed in southwestern Kansas early on Monday, injuring 32 people, officials said. The coaches from Amtrak's' Southwest Chief Train 4 traveling from Los Angeles to Chicago derailed about 20 miles west of Dodge City shortly after midnight, Amtrak said in a statement. There were 131 passengers and 14 crew aboard. Thirtytwo passengers were taken to hospitals in Dodge City and Garden City; 29 had been released by midmorning, Amtrak said. Other passengers were taken to a recreation center in Cimarron before being provided alternate transportation. REUTERS

PUTIN ORDERS RUSSIAN FORCES' WITHDRAWAL FROM SYRIA

Russian President Vladimir Putin said he was instructing his armed forces to start pulling out of Syria, more than five months after he ordered the launch of a military operation that shored up his ally, Syrian President Bashar al-Assad. Putin, at a meeting in the Kremlin with his defense and foreign ministers, said Russian military forces in Syria had largely fulfilled their objectives and ordered an intensification of Russia's diplomatic efforts to broker a peace deal in the country. But the Russian leader signaled Moscow would keep a military presence: He did not give a deadline for the completion of the withdrawal and said Russian forces would stay on at the port of Tartous and at the Hmeymim air base in Syria's Latakia province. Kremlin spokesman Dmitry Peskov said Putin had telephoned Assad to inform him of the Russian decision. REUTERS



The squeeze to watch the parade might be tighter this year if the route stays shorter, organizers argue. NICOLAUS CZARNECKI/

Parade organizers sue city over route

They aim to get the parade route restored to its original length after officials halved it.



Organizers of the city's 115th annual St. Patrick's Day parade filed an emergency injunction Monday aimed at restoring the parade's route to its original length, after a decision by Mayor Marty Walsh more than halved the original route.

"After consulting with [Boston Police] Commissioner [William] Evans, I have decided that it is in the best interest of public safety, while balancing the historic tradition of the St.

Patrick's Day parade, to use the same that route we did last year for this year's parade," Walsh said in a statement.

The truncated path was implemented last year after a historically awful winter ground the city to a halt.

The original route, which passed by veterans memorials and winded along South Boston streets for about 3 miles,

is now shortened to about 1.4 miles, prompting outrage from parade revelers.

Messages to parade organizers were not immediately returned, but a post on the group's Facebook page said organizers were "swarmed by people" who objected to the new route, and encouraged those concerned to reach out to the mayor's office.

"This shortens the parade by over 2 miles and forces spectators to stuff onto the sidewalks on Broadway to view our event, while taking away the right of many South Boston residents to view it from the comfort of their own homes and neighborhoods," organizers wrote. "Lastly, it takes away the very important landmarks that our parade participants march past in order

march past the Dorchester Heights National Historical Site during their 115th annual parade, which is organized and paid for every year by the South Boston Veterans and their supporters."

Attorney Chester Darling, who filed the suit, was not available for comment late Monday.

The shorter route meant less impacts on residents of the South Boston neighborhood, a statement explaining the decision from the Boston Police Department reads.

"We used about 150 less officers last year than in previous years," the statement explained. "With officers deployed closer together and along a smaller route, we are able to make the event that much safer."

City officials also point-

If you go

A hearing on the injunction will be held today at 2 p.m. at the U.S. District Court.

route adjustments: the Caribbean Festival Jovert parade, the Allston Brighton parade route, the First Night procession route and the Greek parade route. Similar changes are under consideration for the Dorchester Day parade and Charlestown's Bunker Hill parade.

The St. Patrick's Day parade, organized by the South Boston Allied War Veteran Council, is no stranger to controversy: Former Boston Mayor Tom Menino famously boycotted the parade for two decades due to its ex-

clusion of gay lesbian and groups.

Walsh rethat versed trend and marched in the parade

last year, after the council agreed to invite OUTVETS, a veterans organization supporting former members of the military in the LGBT community.

Whatever the route, the historic parade is scheduled to start at 1 p.m. on March 20 in South Boston.

"This shortens the parade by over 2 miles and forces spectators to stuff onto the sidewalks on Broadway to view our event."

> recognize the significance of Evacuation Day."

> The post went on to say that organizers are "shocked and dissatisfied" with the change and that they got "no straight answer from city officials as to why the route was changed, or why they are not letting veterans

ed to a 50 percent reduction in EMS medical calls along the parade route last year, as well as a 40 percent reduction in police calls in the area of the event. The shorter route also cuts expenses to the city by about \$100,000.

Other parades were also subject to recent

Some false listings can linger on Craigslist for 20 hours, enough time to victimize prospective renters in competitive housing markets.

JASON NUCKOLLS @MetroBOS tters@metro.us

Boston-area renters are being warned to avoid online leasing scams after several recent incidents have triggered an official investigation.

Suffolk County prosecutors and Boston police detectives have been investigating recent claims that victims responding to online apartment listings on sites such as Craigslist were, in fact, having their initial payments stolen, according to a statement from the Suffolk County DA's office.

"The process of renting an apartment and moving into a new home is stressful enough," Suffolk County District Attorney Daniel F. Conley was quoted in the statement. "I urge every renter to do careful

COURT HOUSE. NICOLAUS CZARNECKI

"I urge every renter to do careful research before entering into any agreement to ensure you're getting what you paid for."



research before entering into any agreement to ensure you're getting what you paid for."

Recent scams operated by having an applicant send a payment for a unit in an online advertisement that was placed by someone posing as the rightful owner, the DA's office explained. The renter would then arrive to find the apartment already occupied.

The district attorney's

Municipal Court evac after bomb threat

warning comes just weeks after NYU's Tandon School of Engineering published a report stating that Craigslist fails to identify more than half of its scam rental listings. Some false listings can linger on the site for 20 hours, enough time to victimize prospective renters in competitive housing markets.

"We ask that people using online services to rent apartments in Boston use caution," Boston Police Commissioner William B. Evans was quoted in the DA's statement. "By taking a few extra steps you can reduce your chances of becoming a victim of this type of scam."

The DA recommended that apartment-shoppers work with licensed real estate professionals, meet landlords in person and avoid sending payments until the recipient has been verified.



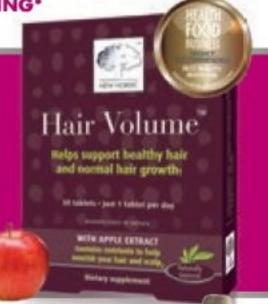
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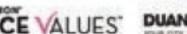


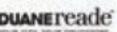














A Boston court was evacuated after authorities received a bomb threat. Police said that the bomb squad responded to a threat made Monday against the Boston Municipal Court, Fox reported. Authorities arrived at the 24 New Chardon St. location after receiving the phoned-in threat around 10:40 a.m., according to NECN. Dozens of people were standing outside the courthouse at midday as authorities investigated at the location, Fox added. Shortly after noon they were allowed to go back inside the

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Baker signs law to restrict Rx drugs, curb opioid use

The governor plans for the new restrictions to go into effect immediately.



Gov. Charlie Baker has signed a bill designed to reduce opioid abuse in the state in part by limiting prescription drugs' availability.

On Monday morning, Baker signed into law new legislation that will put stronger mechanisms in place to combat drug abuse, including limits on first-time painkiller prescriptions and a requirement for schools to verbally screen students for drug use, WHDH reported.

A patient's first pain-



Gov. Charlie Baker signs into law bill H 4056 in an effort to battle the opioid epidemic. MICOLAUS CZARNECKI

killer prescription will now be capped at a seven-day supply, WCVB reported in a related article. The new law also allows patients to fill only a portion of their painkiller prescriptions at one time.

The governor wanted new opioid-abuse legislation as the state struggled to overcome a trend of opioid deaths, WCVB stated. Gov. Baker said that four people in Massachusetts die every day from opioids. The governor plans for the new restrictions to go into effect immediately, according to WHDH.

The newly signed bill was passed unanimously by the Massachusetts House and Senate last week, WCVB added.

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Three brothers in custody in Maryland police officer slaying

Three brothers were in custody on Monday in connection with the fatal shooting of a Washington-area police officer, authorities said.

Prince George's County Police Officer First Class Jacai Colson, 28, was shot in an exchange of fire with a gunman who began shooting outside police headquarters on Sunday, apparently without provocation.

The attack left the suspected gunman wounded, police said. The second suspect was believed to have accompanied the shooter but left the scene before the shooting occurred, according to investigators.

The third suspect's alleged role was unclear. The brothers' names have not been released.



Jacai Colson /PRINCE GEORGE COUNTY POLICE DEPARTMENT HANDOUT

"The evidence shows the gunman intended to die in a battle with police," the Prince George's department said on Twitter. A police spokesman declined to elaborate but said more details would be released at a press conference on Tuesday.

Colson was a four-year veteran and had been

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a narcotics detective in Prince George's County, which borders the District of Columbia.

Investigators are looking for a motive, police said.

Police Chief Henry Stawinski told reporters on Sunday that the gunman apparently opened fire on the first officer he saw outside the headquarters' district station in Landover. He continued shooting as Colson and other officers responded, the chief said.

The shooting was the second fatal attack on law enforcement officers in the area in little more than a month. Two Harford County sheriff's deputies were shot by a gunman at a restaurant near Baltimore on Feb. 10. REUTERS

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RACE FOR THE WHITE HOUSE



Trump looks set for big wins

Trump supporters and protesters have clashed at his rallies in recent days, fueling accusations that he has created an ugly atmosphere with his campaign invective against groups such as Mexican immigrants and Muslims.

Donald Trump faced a last day of campaigning on Monday before a crucial round of nominating contests including in Florida and Ohio, where establishment Republicans worked to trip him up.

Trump, who has rejected accusations he is to blame for the tensions, has emerged from the early nominating contests with a clear lead in the number of delegates needed to win the party nomination for the Nov. 8 election.

He is trailed by Ted

Cruz, a senator from Texas, and could seize control of the race with big wins in Tuesday's voting in Ohio, Florida, Illinois, Missouri and North Carolina.

Opinion polls also showed him with comfortable leads in all those states, except Ohio, where he is roughly tied with the state's governor, John Kasich.

Kasich, trailing in the delegate count and seen as needing to win in his home state to stay in the race, was getting campaign help on Monday from Mitt Romney, who was the party's 2012 presidential candidate and who delivered a furious attack on Trump this month.

Trump, a real estate magnate and former reality television star, has fired up enthusiastic crowds with his promise to "make America great again." But he has bucked Republican orthodoxy on policies including free trade and offended a range of Americans with his calls to temporarily ban Mus-

lims from the country and deport illegal immigrants.

In Florida, Sen. Marco Rubio, a favorite of the party establishment, has staked his survival in the campaign on winning there in his home state. He has also suggested a tactical vote to stop Trump — encouraging his supporters in Ohio to cast their vote for Kasich.

Trump scheduled appearances in North Carolina, Ohio and Florida on Monday, after several days of events marked by outbreaks of shouting and shoving between supporters and protesters, who decry what they call his bigoted and divisive rhetoric.

Trump canceled a big rally in Chicago on Friday evening over security after protesters swarmed the event, sparking clashes. On Saturday, he was rushed by a man on an Ohio stage and repeatedly blamed Bernie Sanders, a candidate in the Democratic race, for the protesters' actions. REUTERS

Inside Kasich's long-shot strategy to beat Trump for the GOP nomination

Microphone in hand, Republican John Kasich promised the crowd inside a high-tech Ohio factory Saturday that he'll never be beholden to Washington insiders if he wins the White House.

But as he zigzags across the state before Ohio's GOP primary on Tuesday — emboldened by polls showing him edging ahead of rival Donald Trump — Kasich may soon need all the Washington insiders he can get.

Behind the scenes, strategists for Kasich, the Ohio governor, are studying arcane party rules that they believe could offer a path to the Republican nomination if he wins his home state, his aides said.

It is a long-shot strategy, both for Kasich and the anti-Trump forces inside the party. But if fellow GOP candidate Marco Rubio loses his own state of Florida on Tuesday — as polls predict — a surge by Kasich may be the only viable strategy for Republicans looking to stop Trump from getting the 1,237 delegates needed to



Republican presidential candidate Ohio Gov. John Kasich GETTY IMAGES

clinch the nomination.

A loss by Rubio, a senator, will almost certainly end his struggling candidacy. If Trump wins both Ohio and Florida, the New York real estate mogul's march to the nomination will be all but assured.

The Kasich camp sees a Rubio loss in Florida opening up a different possibility — the first contested convention held by "The plan is to win Ohio, and some other states, and if that happens, nobody is going to have enough delegates to win the nomination on the first ballot."

John Weaver, Kasich's chief campaign strategist

either party since 1952. Kasich supporters are

Kasich supporters are betting that an Ohio win will give his candidacy its first real momentum, attracting donors and endorsements. From there, he could score more victories in upcoming primaries in Pennsylvania, Maryland, Wisconsin, Connecticut and California, states where Kasich polls favorably.

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Zendaya shuts down another critic

When will comedians and commentators learn that if you come for Zendaya, expect to lose? Apparently that was a lesson that needed to be taught to "Difficult People" star Julie Klausner, who took issue with Zendaya's appearance accepting an award at the 2016 Kids' Choice Awards, calling the 19-year-old "K.C. Undercover" star a "thinspo model for your impressionable tweens" on Twitter." "You don't have to have an eating disorder to attend the Kids' Choice Awards

... but it helps,' Klausner added. Zendaya, never one to shy away from a social media squabble, offered to "educate" Klausner before siccing her 6.39 million Twitter followers on the comedian. "Now, everyone go look in the mirror at their beautiful body and love that s-," she

added.

ALL PHOTOS GETTY IMAGES



the Vor **NED EHRBAR**

ned.ehrbar@metro.us A story started making the rounds

this weekend that ebul-

lient fitness guru Richard

Simmons was a prisoner

in his own home, his

entire life being controlled by parties taking advantage of his fragile mental and physical state. But he thinks that story's just plain nuts.

"No one is holding me in my house as a hostage," Simmons tells the "Today" show via telephone. "You know, I do what I want to do as I've always done, so people should sort of just believe what I have to say because, like, I'm Richard Simmons." That's pretty tough logic to argue with. As for whether his longtime housekeeper was keeping him prisoner and controlling all aspects of his life, keeping friends away? "That's just very silly," he insists. "Teresa Reveles has been with me for 30 years. It's almost like we're a married couple." So ... yes? But OK, Richard, are you not free to speak freely? Is Teresa in the room with you? Just give us some sort of signal if you're in distress.

Ian McShane has harsh words for 'Game of Thrones' spoiler scolds

Ian McShane knows that he's given away some major spoilers about his role on the new season of "Game of Thrones," but he honestly can't be bothered about it, so calm down, nerds. "You say the slightest thing and the Internet goes

@SarahKSilverman

What if every news outlet

stopped covering trump? Didn't

you do it to punish Clooney

once?

ape," McShane tells the Telegraph. "I was accused of giving the plot away, but I just think, get a f-ing life. It's only t-s and dragons." Which, incidentally, was HBO's suggestion to George R.R. Martin as an alternate title for the series. And I



don't know, wouldn't the world be a slightly better place if we were discussing possible spoilers for the new season of "Only T-s and Dragons" instead?





@Harry Styles Burgers.

@rihanna Tampa I've missed you so much! Thank you!! #SoldOwt

We should be worried about Aaron Carter

Former teen pop star Aaron Carter seems to be getting more erratic with each passing day. Maybe it's time we stepped in and intervened. First, last month, he declared his endorsement for Donald Trump. Then he made it sound like he was withdrawing his endorsement over Trump's spotty LGBT record. Then, in a new GQ interview, he doubled-down on his support of Trump. Plus



he got a neck tattoo, and last week he was caught on camera by TMZ getting out of his car in Malibu to yell at a fellow motorist who'd honked at him. Oh, and he's had to spend his

whole life being Aaron Carter. That's a lot for one little guy to handle. Should we call someone? Maybe the woman who it turns out wasn't actually keeping Richard Simmons captive?



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Metric's measures for success Lead singer Emily

Haines on Brooklyn gentrification and being immortalized by Brie Larson.



It is a sunny, warm winter's day when Canadian indie rock band Metric's tour bus pulls into a onestreet town in Oklahoma. But these days, the road veterans who released their sixth studio album, "Pagans in Vegas," last fall, don't take a backwater stop like this for granted.

"We get to see so much of the country and we see how much has been homogenized," says Emily Haines. "We've never had much chance to reflect, because it's always been so go, go, go."

The band has been on what Haines describes as a decade and a half of serendipitous happenings - like working with composer Howard Shore



Metric is back with a sixth studio album and new tour, worman wong

for "Twilight," and director Edgar Wright basing 2010's "Scott Pilgrim vs. the World" on Metric. "Brie Larson's character is based on me, supposedly," Haines says.

"This life sounds ridiculous unless you're doing it," she adds about touring. "But we've been doing it for 15 years. I think it might be my life."

She could be right; even in her private life, itchy feet drive her. Haines says while Toronto

is "a permanent hub," she's called New York City home for seven years. But that's about to change: "Our block got bought and we all got evicted," she explains. "My guy and I will get a place in Berlin. This has been my second round with New York. I was in Williamsburg and saw that whole shift. I feel you have to either buy in or get out. It's not like gentrification that's the problem, it's the foreign investors who suck the life out

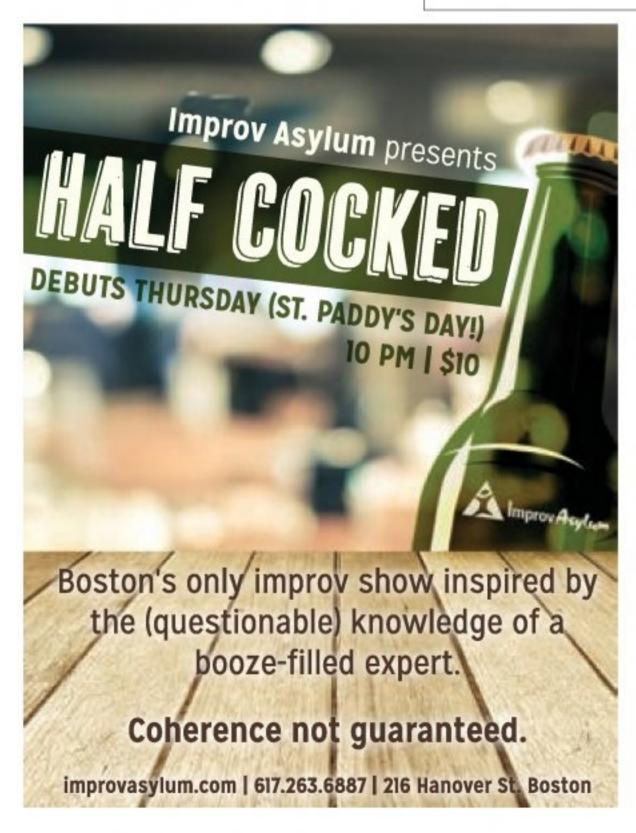
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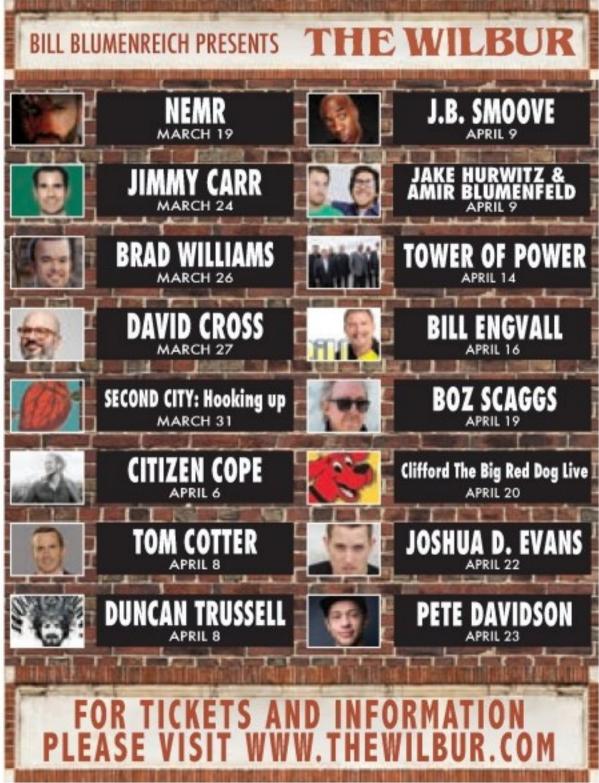
The band members are up for making the distance between them work. Haines made her contribution to the new album while she was in Nicaragua and Jimmy Shaw was in Toronto.

"I often have the desire to disappear somewhere," she says. "There's nothing like getting in a helicopter and going into the jungle to get over yourself. While Jimmy is in his studio using all these cool instruments, I'll come back with something raw I've done on a beaten up guitar. He'll have created this whole symphony and the two end up working."



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7 DAYS



On the right road

An innovative program is helping struggling and disconnected young adults get on their feet.



Attending camp and getting that first summer job are traditional rites of passage among America's youth.

But for those who come of age in poverty, struggle with addiction or grow up in the foster care system, youth is often defined by obstacles and uncertainty, not opportunities. Y Roads, a program started in 2013 by the YMCA of Greater New York in partnership with the nonprofit Opportunities for a Better Tomorrow and the Department of Education, provides solid ground for vulnerable and disconnected young adults.

In New York City alone, there are a quarter of a million 17-to-24-yearolds who are "disconnected," meaning they are not attending school or working. Y Roads enrolls students within this age range to help them "press the reset button," says Lauren Barr, senior executive of Youth and Family. School & Branch Based Programs at the YMCA.

The program serves roughly 450 kids and young adults among four Y Roads centers at

New York City YMCAs. Participants spend anywhere from 20 to 40 weeks in the program, during which time they are connected with counselors, resources and opportunities to develop job skills and enroll in a high school equivalency test prep program. Many have dropped out of high school and some come in with barely a high school literacy level, says Barr.

Participants often find Y Roads through word of mouth, and the program partners with service agencies to connect with those who have been in the foster care system, previously incarcerated or the child of someone incarcerated, says Nicole Kourbage-Wilson, the Di-



Students in the Y Roads program get schooled in work and life. CHASI ANNEXY

rector of the YouthBuild program at the Jamaica Y Roads center.

"A lot of these young people, once connected to resources, are completely and totally motivated to no longer engage in these kind of lifestyles," says Kourbage-Wilson. connect them to leadership opportunities so they can see themselves represented, and they can see themselves potentially as change agents, not only for themselves but for the community as a whole."

Kourbage-Wilson re-

calls one Y Roads participant, a 21-year-old mother who walked through the door of the South Bronx center seeking job training. She was connected with a mental health counselor and a case manager, and had child care provided so she was able to attend classes and get job training. While still in the program, she obtained a job in retail.

Y Roads helps participants prepare for various jobs, and recently partnered with a local Starbucks to develop

a program for participants interested in customer service.

The program also recreates rites of passage that participants may have missed out on, such as a prom and a weekend-long camp in upstate New York that teaches them team building and leadership.

These "developmental time-stamps," says Kourbage-Wilson, are part of what helps participants invest in and learn about themselves - in the classroom and beyond.

"We connect them to leadership opportunities so they can see themselves potentially as change agents, not only for themselves but for the community as a whole."

Nicole Kourbage-Wilson



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START HERE: BHCC Open House, Tuesday, April 26, 4-8 p.m. at our Charlestown Campus. BHCC.EDU/OPENHOUSE



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Summer Session I begins May 31 Summer Session II begins July 18 Registration opens on April 4.

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COLLEGE OF ADVANCING AND PROFESSIONAL STUDIES UNIVERSITY OF MASSACHUSETTS BOSTON



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direct employment While the opportunities for graduates in the life sciences in Massachusetts are numerous, what may be less clear to employers is the broadly applicable set of skills that are developed within science majors: skills that are easily applied to positions in across education, management, human organizations, and in public service.

Killer skills: scientific training is infused with academic materials and exercises which require students to examine, question, test and reimagine their assumptions. Graduates with a firm grasp of the scientific process often excel in creative problem solving in a wide range of applications. In fact, over 30% of CEO's in Fortune's Most Powerful Women in Business list hold degrees in science.

Communication counts: Comfort with the scientific process is only part of the equation. Science and technology programs must also focus on integrating science with written and oral communication skills, group work and interpersonal interaction. This essential combination of high-touch-high-tech provides the vital combination of skills expected of the 21st Century employee. At Cambridge College they add touch to the tech in their new undergraduate degree in Natural and Applied Sciences. For 45 years Cambridge College has been a national leader in studentcentered higher education with an emphasis on integrating academic scholarship with teamwork, diversity and communication. See how they are shaping the leaders of tomorrow. Visit them at their upcoming Information Session on Tuesday, March 15th at 6pm on their main campus located at 1000 Massachusetts Avenue in Cambridge.





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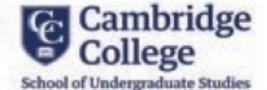
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INFORMATION SESSION

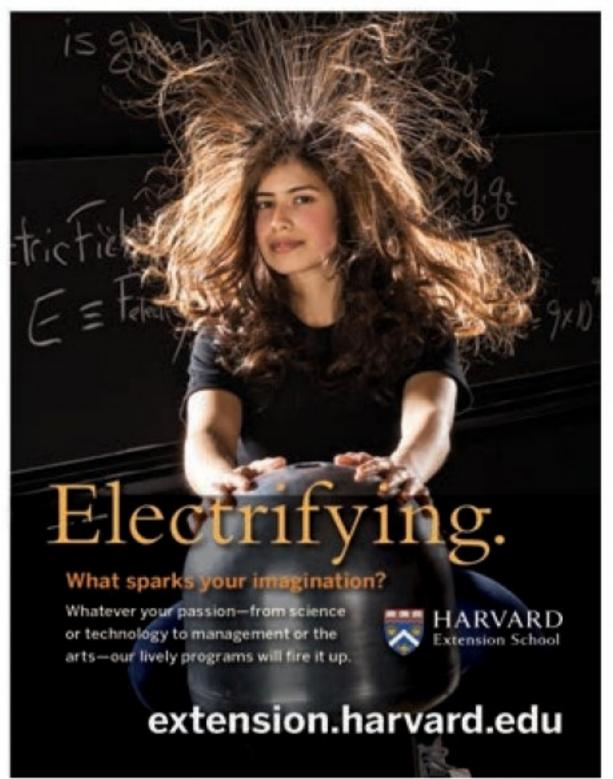
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In the end, what does it all mean? It means that at Bay State College, we care as much about your comfort as we do your success. It means we're committed to providing you unmatched student support throughout your college journey. It means that going back to school doesn't mean going it alone.

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The new fitness craze sweeping Hollywood

Jessica Biel, Justin Timberlake, Ashley Greene and Hilary Duff all swear by it.



EMILY LAURENCE @EmLaurence emilyclaurence@metro.us

You think your trainer has it tough? It's Jason Walsh's job to get celebrities in shape for blockbuster roles. He prepped Matt Damon for the "Bourne" movies, Bradley Cooper for "American Sniper" and, most recently, John Krasinski for "13 Hours."

"It's a huge responsibility," Walsh tells us. "You never know how things are going to end up and if you hurt someone or stall the process of production, that's millions of dollars lost." But good news for anyone who has something about their body they want to fix: Even celebrities have body issues. Walsh tells us that 100 percent of his celeb clients come to him with an issue that needs addressing. Yes, including Bradley Cooper. We got Walsh to reveal what really works:

Skip the bootcamp

Years ago, Walsh

noticed that his clients kept coming to him with the same problem: Their bodies were overworked from group workout classes — especially trendy bootcamp style ones.

He went on a mission to find a way to provide an intense workout without overworking any one area of the body and found the solution in a versaclimber, a vertical climbing cardio machine that works the upper and lower body.

"The crawling motion — which we've progressed from as babies — balances the body out," Walsh explains. "It's low impact and super effective." It's also not easy. Climbing requires a lot of oxygen and energy, which Walsh says makes people burn twice as many calories as they would doing another type of workout.

Making it fun

After his "a-ha" moment with the versaclimber, Walsh created routines and group classes utilizing the versaclimber. He opened a fitness studio, Rise Nation, in Hollywood and is hoping to open a New York City location within the next couple years.

Music plays a huge role into Rise Nation.
"I was at a concert and just blown away by the visuals," Walsh says. "I was jumping around and having a good time and by the end, I was soaking wet with sweat. I didn't even realize it was a workout because I was having such a good time."

To mirror that in his Rise Nation classes, the versaclimber routines he uses in the class are timed to music and he also uses various lighting concepts to create a club-like environment that can serve as a distraction to the intense workout. Hey, whatever gets your mind off of the intensity, right?

How to get the same results

Versaclimbers take up a lot of room, are expensive and not many gyms have them, but the same concept can be applied with indoor rock climbing, which is available in most cities. With so many celebrities turning to these climbing-based moves, we predict rock climbing to be one of the year's biggest fitness trends.

Relieve Workplace Stress in 30 Minutes or Less

Brought to you by the beauty consultants at CARE Laser. With fairer weather in the air, and the prospect of beautiful spring and summer days ahead, the idea that we will continue to be cooped up all day at work is almost too much for many of us to bear. Your friends at CARE Laser understand and are here to help. To celebrate the end of the stressful days of winter, we've put together a list of four easy ways you can escape the work day grind, reduce stress, and recharge for whatever lies ahead – all in just 30 minutes or less.

4 Tips for Reducing Workplace Stress and Doldrums from CARE Laser

1. Walk off the stress (and extra pounds). Cruise along city streets window-shopping, enjoy a scenic walk along the river, or take a jaunt around your neighborhood with the dog. Getting out for even a half hour stroll really can make a difference not just in how you feel, but in how you look as well. According to the Mayo Clinic, a daily walk can help maintain a healthy weight, prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes, strengthen your bones, and improve your balance and coordination. Plus,

the fresh air and physical movement will lift your mood; making you more positive about the work you need to do when you get back.

- 2. So you say you never have time to read anything? If Warren Buffett, one of today's most successful men in the business world, describes his typical day as sitting and reading, then we feel pretty confident you can find 30 minutes for that book collecting dust on your desk or in your briefcase. There are great benefits to reading including challenging your brain and making you smarter, dramatically lowering stress levels, and encouraging positive thinking. Hmmm, sounds like a win-win for both your personal and work life! The best place to lose yourself in a book during work hours? CARE Laser suggests finding a quiet, shady spot on a park bench, in your office courtyard, or anywhere there's green space.
- 3. Meditate anxiety away. Not only is meditation accessible to everyone, you can do it virtually anywhere, anytime - on a walk, commuting on a bus or train, waiting in line. And given all of the emotional and physical benefits of meditation, you may want to try it soon. When you meditate, says the Mayo Clinic, you clear away the information overload that builds up every day and contributes to your stress. Spending even just a few minutes



in peaceful meditation can wash away any anxiety, tension or worry caused by undue stressors at work. So, the next time you are in the middle of a difficult business meeting, CARE Laser recommends to silently ommmmm your way to tranquility.

4. Hair-free=Stress-free! Now that the weather is getting nicer, you're going to be pulling out those more revealing clothes, which means more "emergency" shaving sessions when you're already running late. At CARE Laser, we understand that over the winter you may have let things get a little stubbly, fuzzy, or even bushy. There's no need to panic though. We are ready and waiting to help you thin out or get rid of unwanted hair

in just a few sessions with our exclusive laser technology, the Soprano Ice Laser from 'Alma'. Think this sounds like a painful, time-consuming, and costly way to spend your lunch break? Not at all! You'll thoroughly enjoy and relax in our inviting, spalike beauty center. Depending on the body area you want to focus on, you're often in-and-out of your session in less than 20 minutes. Plus, our award-winning laser is virtually pain-free and our innovative and flexible payment programs are aimed at making hair removal accessible to everyone. See how easy and stress-free the hair removal process can be - call us today for a FREE consultation at 617-338-5188.

Whichever way you decide to relieve stress this spring, your friends at CARE Laser hope it involves breaking free of that desk and computer, getting some well-deserved Vitamin D, and taking that full 30 minute lunch break you deserve.



45 Bromfield Street, 3rd Floor Downtown Crossing, Boston

Top players to watch

Who will steal the national spotlight this March?



Before Stephen Curry was winning NBA titles and generally changing the face of pro basketball as we know it, he was the darling of the Big Dance.

In 2008, Curry led tiny Davidson to upset victories over Gonzaga, Georgetown and Wisconsin before narrowly falling to eventual national champion, Kansas. As much as the team that wins it all is remembered forever, there are certain players who leave a lasting impact on the NCAA tournament each year. Here are the candidates most likely to make multiple appearances in the 2016 edition of "One Shining Moment:"

Buddy Hield

Hield is most likely going

to walk away with the National Player of the Year award and he's already shown the ability to create magic in March. In the Big 12 tournament last week, Hield hit a halfcourt miracle that looked as though it lifted Oklahoma past West Virginia. Hield was just a fraction of a second late with his shot, but the image has been planted Hield is capable of doing legit damage in this tournament. The Sooners' two-guard pumped in 46 points in a game against Kansas earlier this season.

Denzel Valentine

The smooth senior guard is averaging 19.4 points per game for Michigan State, the No. 2 seed in the Midwest Region. Despite the Spartans' powerhouse program history, Valentine's story falls in the Cinderella category. He was not highly recruited out of high school and is a Lan-

sing, Michigan, product. In 2000, home-state hero Mateen Cleaves led the Spartans to a national title. Can Valentine bring the title home to Lansing for the first time in 16 years?

Josh Hart

Unlike the NBA, you can still win a title without having one of the top two or three players in the sport. Josh Hart (15.5), Kris Jenkins (13.3) and Ryan Arcidiacono (11.9) all average doublefigures in points for Villanova. If the dream all-Philly matchup of 'Nova vs. Temple goes down in Round 2, watch for Hart to avenge his performance against the Owls from the last time out. Hart had a seasonlow four points against Temple in February.

Grayson Allen

It'd be easy to see an "I hate Grayson Allen" documentary popping



Providence's Kris Dunn is slated to be an NBA lottery pick this June. GETTY IMAGES

up in 20 years or so as the Duke star has taken the Christian Laettner/[] Redick/Jon Scheyer torch as the most hated player in America. Allen is a serial tripper (read: He's blatantly tripped two opponents during games this season) and if you play for Duke that makes you an instant heel. The

dirty (emphasis on dirty) little secret here is that Allen can play, as he saw his scoring average jump 17.2 points this season to 21.6 per game.

Kris Dunn

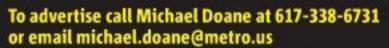
Dunn is getting NBA lottery buzz as he's the best playmaker in this tour-

nament. He reads the floor like no other, and if the old March Madness cliché of "it's a guard's tournament" is true, then look for Dunn to lead ninth-seeded Providence past USC in the first round and maybe just maybe — past No. 1 seed North Carolina this weekend.

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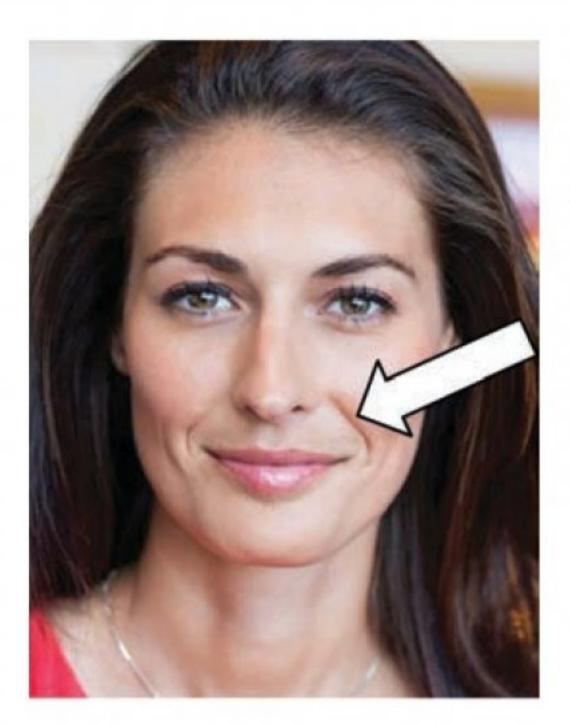
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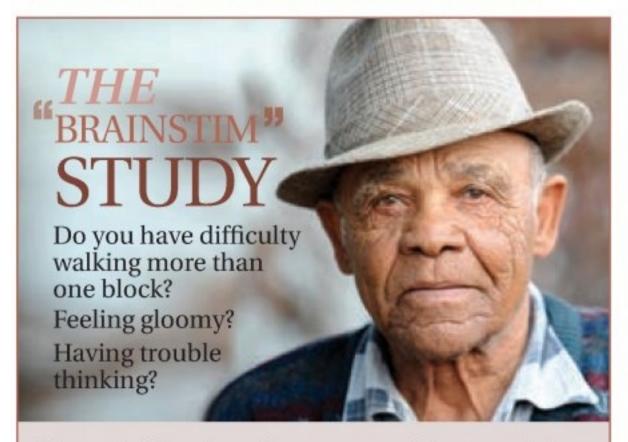
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Unit	461A	Shirkey, Mark	Boxes, Bags, Totes
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Unit	515	Montrond, Melissa	Boxes, Bags, Totes
Unit	617	Pauls, Edith	Boxes, Bags, Totes
Unit	618	Gomes, Jennifer	Boxes, Bags, Totes
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Kerrilyn Ross, agent for owners. Notice posted March 8th and March 15th 2016.

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NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Kimica P. Price and Winfield D. Price to Mortgage Electronic Registration Systems, Inc., dated March 27, 2007 and recorded with the Suffolk County Registry of Deeds at Book 41600, Page 163, of which mortgage the undersigned is the present holder by assignment from Mortgage Electronic Registration Systems, Inc. to The Bank of New York Mellon t/k/a The Bank of New York as Trustee for the Certicateholders of the CWABS, Inc., Asset-Backed Certificates, Series 2007-8 dated September 12, 2011 and recorded with said registry on September 21, 2011 at Book 48407 Page 200, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 10:00 a.m. on April 6, 2016, on the mortgaged premises located at 4 Herbert Street, Dorchester Center (Boston), Suffolk County, Massachusetts, all and singular the premises described in said mortgage,

TO WIT:

The land at 4-6 Herbert Street, Dorchester District of Boston, Suffolk County, Massachusetts, more particularly bounded and described

A certain parcel of land with the buildings thereon now known as and numbered 4-6 Herbert Street, situated in that part of Boston, Suffolk County, Massachusetts, formerly Dorchester, bounded and described as follows:

Westerly by Herbert Street, 60 feet; Northerly by land now or formerly of Cariton, 93.8 feet; Easterly by land now or formerly of Neil, 58.95 feet; Southerly by land now or formerly of Riceter, 89.42 feet; Containing, according to said plan, five thousand four hundred twenty-five (5,425) square feet of land. Be any or all of said measurements and contents more or less or however, otherwise the said premises may be bounded, described or measured.

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THE ABOVE DESCRIBED PROPERTY WAS TAKEN IN FEE. BEING the aforementioned property which, by Deed dated October 7, 2002, and recorded on October 24, 2002 among the Registry of Deeds for the County of Suffolk, Commonwealth of Massachusetts, in Book No. 29648 page 235 was granted and conveyed by Delores L. Price unto Winfield D. Price and Kimica P. Price, husband and Wife as Joint Tenants.

For mortgagor's(s') title see deed recorded with Suffolk County Registry of Deeds in Book 29648, Page 235.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortosoe, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed.

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A deposit of Fifteen Thousand (\$15,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California Street, Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

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March 15, 2016, March 22, 2016, and March 29, 2016

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Unit	A1018	Nascimento, Henrique	Boxes, Bags, Totes
Unit	A1105	Holman, Jeremy	Boxes, Bags, Totes
Unit	A1131	Fox, Susan	Boxes, Bags, Totes
Unit	A1145	Bohn, Jennifer	Boxes, Bags, Totes
Unit	A2025	Turner, Patti	Boxes, Bags, Totes
Unit	A2031	Hyland, Timothy	Boxes, Bags, Totes
Unit	A2033	Baker, Shawn	Boxes, Bags, Totes
Unit	A2138	Koelsch, Carly	Boxes, Bags, Totes
Unit	A2194	Davis, Cornelius	Boxes, Bags, Totes
Unit	A2200	Dangora, Stephanie	Boxes, Bags, Totes
Unit	A3058	Veliz, Omar	Boxes, Bags, Totes
Unit	A3128	Mac Donald, Anne	Boxes, Bags, Totes
Unit	A3143	Platte, Jude	Boxes, Bags, Totes
Unit	A3176	Hou, Merry	Boxes, Bags, Totes
Unit	A3204	Fletcher, Joe	Boxes, Bags, Totes
Unit	D013	Souther, Susan	Boxes, Bags, Totes
Unit Unit Unit Unit Unit Unit	A3058 A3128 A3143 A3176 A3204 D013	Veliz, Omar Mac Donald, Anne Platte, Jude Hou, Merry Fletcher, Joe	Boxes, Bags, Totes Boxes, Bags, Totes Boxes, Bags, Totes Boxes, Bags, Totes Boxes, Bags, Totes Boxes, Bags, Totes

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY, ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel auction without further notice, Kerrilyn Ross, agent for owners. Notice posted March 8th and March 15th 2016.

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LEGAL NOTICES

PS ORANGECO, INC.

NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 3/23/2016 PS ORANGECO, Inc., 432 Washington St. Weymouth, MA 02188. The personal goods stored therein by the below named occupant (s):

Unit	A088	Burke, Alan	Boxes, Bags, Totes
Unit	A128	Anderson, Ronald	Boxes, Bags, Totes
Unit	A130	Fleming, Lucas	Boxes, Bags, Totes
Unit	A174	Barrows, Jeffrey	Boxes, Bags, Totes
Unit	A216	Peart, James	Boxes, Bags, Totes
Unit	A226	Terhune, Nicole	Boxes, Bags, Totes
Unit	A280	Davis, Kirk	Boxes, Bags, Totes
Unit	A313	VELLERE, FEDERICO	Boxes, Bags, Totes
Unit	A321	Celata, Joseph	Boxes, Bags, Totes
Unit	A347	Boyd, Amanda	Boxes, Bags, Totes
Unit	A348	Oster, Jay	Boxes, Bags, Totes
Unit	A415	Santos-Reilly, Roberto	Boxes, Bags, Totes
Unit	A496	Arroyo, Joel	Boxes, Bags, Totes
Unit	A504	KEEFE, Debbie	Boxes, Bags, Totes
Unit	A521	Heyward, Nathaniel	Boxes, Bags, Totes
Unit	A547	DAVIS, MICHELLE M	Boxes, Bags, Totes
Unit	A556	Canter, William	Boxes, Bags, Totes
Unit	A575	Erskine, Eric	Boxes, Bags, Totes
Unit	A593	Driscoll, Stephanie	Boxes, Bags, Totes
Unit	A610	King, Paul	Boxes, Bags, Totes
DI IDOLIA	OCO MALIOT DE	MADE AT THE OF CALE WITH	OROLL ORDER ALL GOODS

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY, ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel auction without further notice. Kerrilyn Ross. agent for owners. Notice posted March 8th and March 15th 2016.

MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain Mortgage given by Louis Pacheco and Beatriz Pacheco to Wells Fargo Home Mortgage, Inc., dated August 29, 2003 and recorded with the Suffolk County Registry of Deeds at Book 32669, Page 161; of which Mortgage the undersigned is the present holder for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 3:00 PM on March 29, 2016 at 707 Truman Parkway, Boston (Hyde Park), MA, all and singular the premises described in said Mortgage, to wit:

The land, with the buildings thereon, situated in the Hyde Park District of Boston and being shown as Lot 4 on a plan for division of land of Edna Woish, recorded with Suffolk Deeds in Book 4788, Page 185, bounded and described as follows: SOUTHEASTERLY by Truman Highway, formerly Water Street, fifty (50) feet; NORTHEASTERLY by land now or formerly of Oliver F. Alkins, as shown on said plan, two hundred eighteen (218) feet; NORTHWESTERLY by Neponset River, about fifty and 4/10 (50.4) feet; SOUTHWESTERLY by Lot 3, as shown on said plan, two hundred twelve (212) feet. Excepting therefrom so much thereof as was taken by the Commonwealth of Massachusetts by a taking recorded with Suffolk Deeds in Book 5294, Page 54. See also Confirmatory Deed at Book 5298, Page 54. For our Title, please see Deed of Alexandre, dated April 17, 2001, recorded with Suffolk Deeds in Book 28377, Page 150.

The premises are to be sold subject to and with the benefit of all easements, restrictions, building and zoning laws, liens, attorney's fees and costs pursuant to M.G.L.Ch.183A, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession.

TERMS OF SALE:

A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check. bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement. immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE.

Other terms if any, to be announced at the sale.

Wells Fargo Bank, N.A. successor by Present Holder of said Mortgage, By Its Attorneys, ORLANS MORAN PLLC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 15-001475

March 8, 2016, March 15, 2016 and March 22, 2016.

merger to Wells Fargo Home Mortgage, Inc.

PS ORANGECO, INC. NOTICE OF PUBLIC AUCTION

NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AJICTION. BY COMPETITIVE BIDDING at 9:00 am on 3/23/2016 at PS ORANGECO, Inc., 2030 Main St. Brockton, MA 02301. The personal goods stored therein by the below named occupant (s):

Unit	A004	O'Neill, Marie	Boxes, Bags, Totes, Misc.
Unit	B035	Gatui, Tuki	Boxes, Bags, Totes, Misc.
Unit	B038	Hicks, Ann	Boxes, Bags, Totes, Misc.
Unit	B045	Cudmore, David	Boxes, Bags, Totes, Misc.
Unit	B052	Wilson, Tamika	Boxes, Bags, Totes, Misc.
Unit	B062	Nicholson, Neysa	Boxes, Bags, Totes, Misc.
Unit	C117	Tidd, Michael	Boxes, Bags, Totes, Misc.
Unit	C119	Vilsaint, Nathalie	Boxes, Bags, Totes, Misc.
Unit	C134	REID, KELVIN	Boxes, Bags, Totes, Misc.
Unit	C174	Andrews, Brandon	Boxes, Bags, Totes, Misc.
Unit	C185	Ramos, Tatiana	Boxes, Bags, Totes, Misc.
Unit	C200	Kourouma, Boubacar	Boxes, Bags, Totes, Misc.
Unit	D230	Semedo, Alice	Boxes, Bags, Totes, Misc.
Unit	D244	ZENE, SONYA	Boxes, Bags, Totes, Misc.
Unit	D246	Custudio-Perez, angeli	Boxes, Bags, Totes, Misc.
Unit	D252	Murray, Rayshawn	Boxes, Bags, Totes, Misc.
Unit	D261	Bezanson, Christopher	Boxes, Bags, Totes, Misc.
Unit	D322	Jarvio, Jason	Boxes, Bags, Totes, Misc.
Unit	D324	Belcher, Jeffrey	Boxes, Bags, Totes, Misc.
Unit	D337	Fall, Christopher	Boxes, Bags, Totes, Misc.
Unit	D339	Pintabone, Paul	Boxes, Bags, Totes, Misc.
Unit	D344	Pearce, Catherine	Boxes, Bags, Totes, Misc.
Unit	E352	Domino, Tammy	Boxes, Bags, Totes, Misc.
Unit	E404	Pitta, Richard	Boxes, Bags, Totes, Misc.
Unit	E414	Merriman, Lucy	Boxes, Bags, Totes, Misc.

PURCHASES MUST BE MADE AT TIME OF SALE WITH CASH ONLY, ALL GOODS SOLD "AS IS" and must be removed at time of sale. PS ORANGECO, INC. reserves the right to withdraw units from sale and to cancel auction without further notice. Kerrilyn Ross, agent for owners. Notice posted March 8th and March 15th 2016.

INFORMAL PROBATE PUBLICATION NOTICE

Docket No.

Commonwealth of Massachusetts The Trial Court **Probate and Family Court**

Estate of: Clifford Whittaker Also Known As: Clifford C. Whittaker Date of Death: January 15, 2016

Suffolk Division

To all persons interested in the above captioned estate, by Petition of Petitioner Beverly Whittaker-Sainmelfort of Mattapan, MA a Will has been admitted to informal probate. Beverly Whittaker of Mattapan, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

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DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

DIVORCE SUMMONS BY PUBLICATION AND MAILING

Docket No. BR14D1736DR

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

Rodriguez, Esteban vs. Andujar, Enoes

To the Defendant:

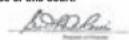
Bristol Probate and Family Court Office of Register Suite 240 40 Broadway Street, Taunton, MA 02780

The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for irretrievable breakdown.

The Complaint is on file at the Court. An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. SEE Supplemental Probate Court Rule 411.

You are hereby summoned and required to serve upon: Esteban Rodriguez, 47 B Maple Gardens, Apt D, Fall River, MA 02721 your answer, if any, on or before 05/20/2016. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court.

WITNESS, Hon. Katherine A Field, First Justice of this Court.



Date: March 3, 2016

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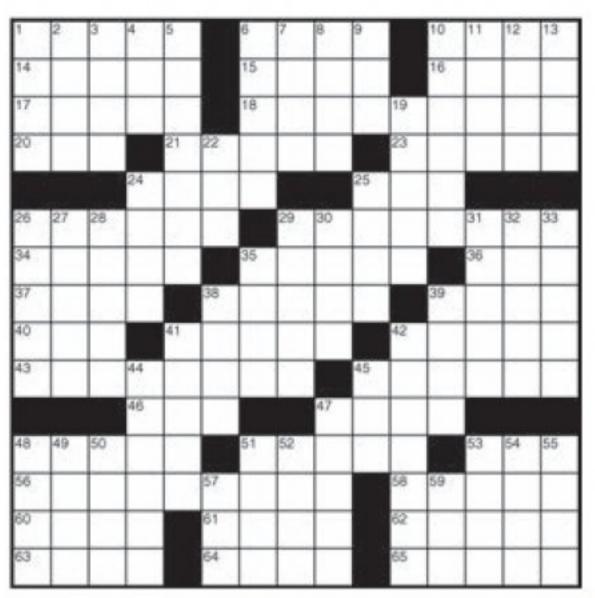




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- 56 Dismiss (2 wds.)

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hard

Aries An insightful approach to every situation will be required. Say little while gathering facts. Uncertainty will cost you, so do your research. Hard work will help you avoid trouble.



Taurus Speak up if you think it will help a situation or project you are involved in. Reveal your feelings, intentions and plans for the future. Love is highlighted.



Gemini Emotions will be difficult to control. Make an effort to be mindful of others and to keep what's happening around you in perspective. Make personal change your focus.



Cancer Find something to do that is geared to increasing knowledge or discovering more about different cultures. An opportunity will come from an unexpected and unusual source.



Leo Search for adventure via travel, meeting new people or getting involved in something that you feel strongly about. You can bring about positive change if you are dedicated.



Virgo Refuse to let anyone goad you into an emotional squabble. Put your time and effort into achieving greater stability instead of squandering your energy on excess.

Yesterday's answers



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Libra Don't hem and haw when you should be taking ownership of your words. It's up to you to bring about positive change. Use discipline and enthusiasm to reach your expectations.



Scorpio You should include a loved one or close ally in your plans. Don't be daunted by changes unfolding around you at work. Make love and romance a priority.



Sagittarius You will experience setbacks if you aren't prepared to move forward. Don't leave matters to chance. It's important to know exactly where you stand financially and emotionally.



Capricorn Getting together with people and sharing ideas and plans will lead to an interesting turn of events. Romance and a celebration will bring you closer to someone you love.



Aquarius If you use common sense and diplomacy, you will excel. Present what you have to offer and make suggestions that will bring about the changes you want to see unfold.



Pisces Keep personal matters a secret. Don't let anything interfere with your productivity or common sense when it comes to business. Accept the inevitable. EUGENIA LAST

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